



Stay Active and Independent for Life

A strength, balance and fitness program for adults 65 years and older.

You will be Stronger, have better balance, feel better, and Stay Active

A 55 –minute fitness and education program focused cardiovascular, balance, strengthening and stretching exercises.

Every Tuesday, 5:00 - 6:30 pm

January 24 through March 28

Free

Palmyra United Methodist Church

122 N. 5th Street
Palmyra, WI

All classes are led by a trained instructor through Preventive Health Strategies

For more information and to register:



(262) 470-8984

Offered with funding from:



First time participants must complete a Pre-workshop safety screening.

What to Bring

- Safe comfortable shoes
- Comfortable loose clothing
- Water bottle
- Hand / ankle weights